

THE BEST OF IMMUNE SCIENCE

Muramyl Peptides and Calcium d- Glucarate- Keys to Wellness

Special Report
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**The Best of Immune Science
by Dicken Weatherby, ND**

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Each winter the flu season hits the United States hard; It always seems that the current year will “be one of the worst flu seasons in recent memory”.

I ask you these questions: Is your immune system in the best condition it could be? Do you have all the best resources available to you?

Unfortunately the flu season is not the only immune challenge your body faces. On a daily basis our bodies are being exposed to toxins, stronger bacteria, viruses, and metabolic poisons in our food and water supply.

Whatever the state of your health , the information in this special report may just be the answer you’ve been looking for to be more healthy in our increasingly toxic world.

My name is Dicken Weatherby. I am a Naturopathic Physician Board certified by the State of Oregon. I am the coauthor of 5 books on alternative medicine. I lecture to alternative and complementary medical practitioners internationally. Let me be your guide to some of the most exciting developments in immune science. For the past 6 years, I have been helping people just like you to wake up to optimum health.

We live in toxic times, and it is becoming clear to me that our bodies are getting less able to deal with such levels of toxicity. We only have to look at the increasing levels of cancer to know that something is not right with our immune systems. And as these increasing levels of cancer are occurring in younger and younger people we know that something has to be done about the decrease in our immune response.

I’d like to share with you some of the most impressive products I’ve come across to support your immune system and your body’s detoxification. These products combine the latest developments in biotechnology to produce some of the most potent supporters of the immune system available today.

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Boosting the Immune System

The old saying an ounce of prevention is worth a pound of cure is an important one when looking at the immune system. I am not a big fan of flu vaccinations or vaccinations in general because I feel the best way to deal with infections is to boost the body's natural and inherent ability to deal with infectious organisms in our environment. So, what are the best ways to do this?

One of the best ways is to avoid suppressing the immune system. Unfortunately one of the things about living in the 21st century is the constant exposure to foods, such as candy and desserts, metabolic toxins, and things called xenoestrogens, which are "fake" hormones that block the natural function of our hormonal systems. These all reduce our natural immunity and burden the already burdened detoxification systems in our livers. It has been demonstrated that even a small amount of sugar will suppress the immune system for up to 8 hours. Alcohol and stress will also suppress normal immune function and slow down the detoxification process.

One of the other ways to boost the immune system and support the detoxification processes is to increase the body's natural immune response. In the past people have relied on immune staples such as the herbs echinacea and goldenseal, perhaps boosted with some elderberry and high doses of vitamin C. Unfortunately I don't think these staples are often enough to strengthen and boost the immune system to deal with the levels of toxins in our environment. Which is why I am recommending products that contain some of the most advanced nutrients for the immune and detoxification systems: Muramyl peptides, Beta d-glucan, and Calcium d-glucarate.

Key Nutrients for the Immune and Detoxification Systems

I recommend products that contain a significant quantity of the following ingredients:

- Muramyl peptide
- Beta-1,3-glucan
- Calcium d-glucarate

Muramyl peptide and Beta-1,3-glucan

There has been much research in the last few years on the immune boosting effects of various mushrooms. Reishi, Maitake, Shitake and Cordyceps mushrooms have been used for thousands of years in China and India for their ability to promote good health. It is clear from the research that certain components of these mushrooms called polysaccharides have the ability to increase and stimulate our body's immune response to viruses, bacteria and funguses. One of these molecules is Beta-1,3-glucan.

A similar response has been shown to occur with potent polysaccharides extracted from the cell walls of bacteria. This may be why probiotics, such as Lactobacillus and Acidophilus, have positive health effects. One of these nontoxic cell wall extracts is a molecule called Muramyl peptide. It is an extract from a bacteria called Lactobacillus fermentum. The immune system recognizes the

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Muramyl peptide, identifies it as being of bacterial origin and increases the immune response accordingly.

The effect of Beta-1,3-glucan and Muramyl peptide is to stimulate the immune system, raise the alert to potential invading pathogens, and increase the secretion of potent immune chemical messengers in the body called cytokines and interleukins, which send messages to the white blood cells and the immune system to become more active. Muramyl peptides and Beta-1,3-glucan also increase the ability of certain white blood cells called macrophages to seek out and destroy cells that have been infected by viruses, which is very important for those who have been exposed to the flu virus, or other viruses such as herpes, HIV, etc.

Calcium d-glucarate

Calcium d-glucarate is a nontoxic, natural substance found in high concentrations in fruits and vegetables. The benefits of d-glucarate were first discovered by researchers at the M.D. Anderson Cancer Center. Many studies have shown it to be highly protective against cancer due to properties that increase the ability of the body to detoxify and eliminate toxins and other harmful substances. Calcium d-glucarate is also an effective product for removing excess hormones and foreign chemicals that have negative hormonal activity in the body. This may be one of the reasons that d-glucarate is important in protecting against breast cancer and controlling post-menopausal symptoms. I feel that d-glucarate's role in improving your body's immunity lies in its ability to process and eliminate harmful toxins and carcinogens that tax the immune system, and also in its ability to bind to and remove toxic cellular waste. By increasing the levels of d-glucarate your body will have to spend less energy eliminating harmful substances. Energy that can be better used to fight incoming infections. There is also increasing evidence that d-glucarate has antibacterial and antiviral properties.

Too many toxic estrogens in the body fat can increase body fat and water retention in both men and women, Calcium d-glucarate has the ability to neutralize these toxic estrogens leading to a leaner and healthy body.

Side-effects

Muramyl peptides, beta-1,3-glucan, and calcium d-glucarate are very safe and well tolerated products. No side-effects or drug interactions have ever been reported for these ingredients.

Dosage considerations

I recommend people take a formula that contains Muramyl peptides, beta-1,3-glucan, and calcium d-glucarate for a few months to help rid the body of toxins that can interfere with the immune system. A general dose to take would be about 200 mg of Muramyl peptide, 300 mg of calcium d-glucarate, and 50 mg of beta-1,3-glucan. If you come down with the flu or feel like you are coming down with something double the dose. Also, look out for multiple vitamin/mineral formulas that have these products in them. That way you are getting the benefits every

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day. There are only a few companies that provide a formula like this. [Click Here for more details.](#)

Summary

Taken together, Muramyl peptides, beta-1,3-glucan, and calcium d-glucarate form a synergy that enhances the functioning of the body. While calcium D-glucarate detoxifies the system, it also prepares the way for Muramyl peptides to support healthy immune function. Taking a regular dose of these products during the flu season will prepare your body very well for the Spring, which is a great time to begin to cleanse and detoxify.

Additional Ways to Boost the Immune System

AVOID IMMUNE INHIBITORS

- Avoid junk foods and other commercial, processed foods.
- Avoid physical trauma, fatigue and the psychological stresses associated with our fast-paced modern lifestyle, which deplete the body's vital nutrient reserves.
- Avoid the use of prescription drugs where possible.
- Avoid the excessive use of stimulants such as nicotine, caffeine and sugar. Seventy-five years ago, the average person consumed 5 pounds of sugar a year. Today, the average consumption of sugar is up to 175 pounds each year. The excessive intake of sugar alone can cause severe mineral depletions and directly compromise immune efficiency by stimulating the overgrowth of Candida Albicans yeast.

IMMUNE ENHANCERS

- Get plenty of rest.
- Maintain regularity by drinking plenty of water and eating a high fiber diet. It is believed by many that disease starts in the colon. It is vital for good health that metabolic waste be fully eliminated on a regular basis.
- Get some regular exercise. Moving the body on a regular basis will enhance the lymph system, which is part of the immune system and is critical in the removal of toxins from the body. Exercise also increases circulation, tones the cardiovascular system, brings additional oxygen into the body, and improves appetite, digestion and elimination.
- Get plenty of fresh air and sunlight
- Improve your diet and nutrition. Along with pure air, natural sunlight, pure water, proper elimination, sufficient exercise and plenty of rest, what one eats is critical in relation to immune efficiency. Eat plenty of dark green, red, and yellow vegetables and fruits. Minimize the amount of refined carbs and increase good sources of protein.
- Drink plenty of clean, pure water throughout the day

Dr. Dicken Weatherby is a Board Certified Naturopathic Physician. He received his Naturopathic Medical Degree from National College of Naturopathic Medicine in Portland, Oregon. He is actively involved in research, writing, consulting, and education, and makes his home in Southern Oregon. Dr. Weatherby lectures internationally and is the coauthor of 5 books on alternative medicine and is the author of the "Anti-Aging123" series of books.